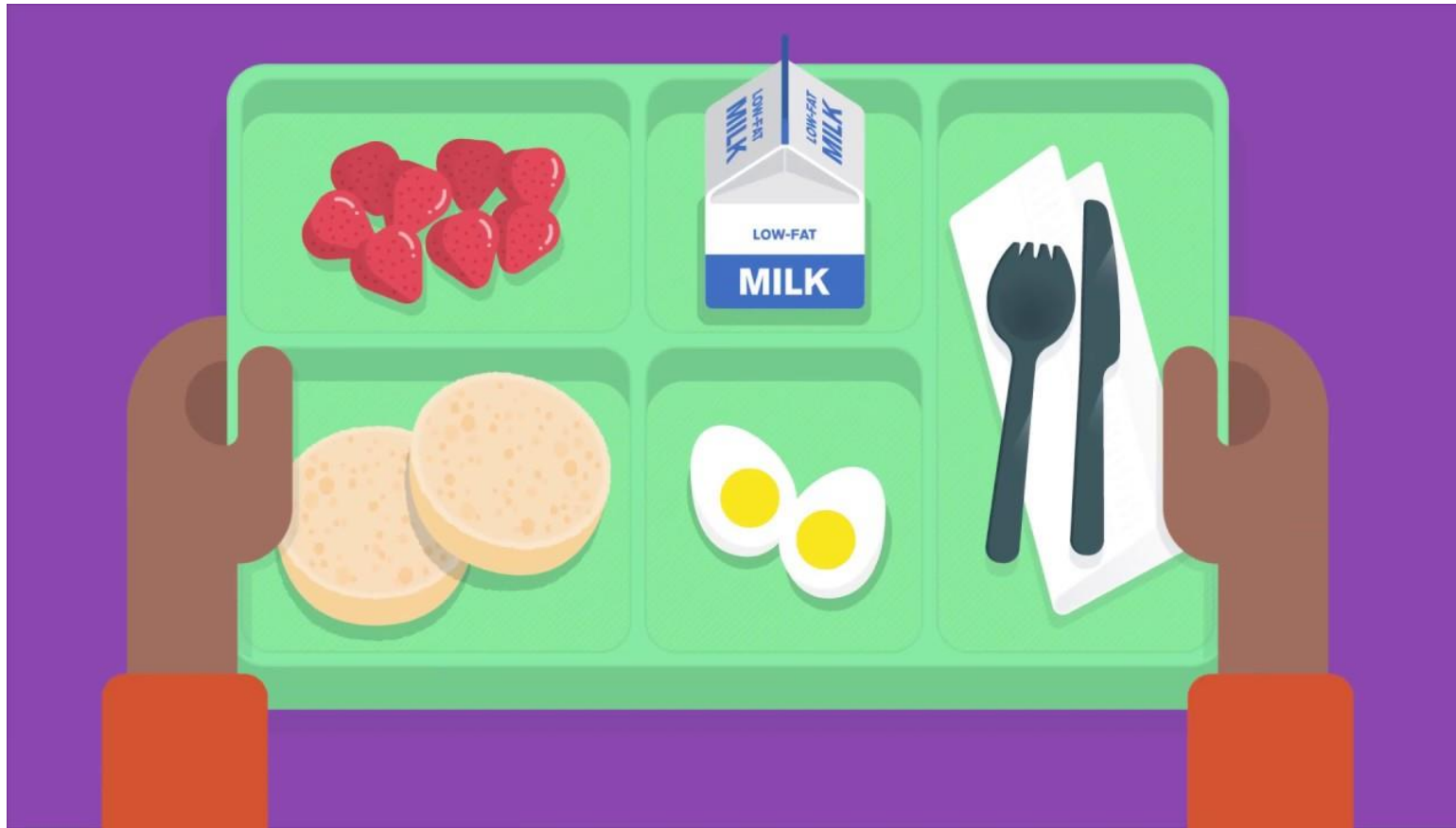




Child Nutrition
Maine Department of Education

An Overview of the Breakfast Meal Pattern Requirements

**Maine Department of Education
Child Nutrition**



Breakfast (SBP)

Breakfast Meal Pattern

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
<u>Fluid Milk (cups)</u> <i>Must offer at least two choices</i>	1	5	1	5	1	5
<u>Fruit (cups)</u> <i>No more than 50% offered can be from juice</i>	1	5	1	5	1	5
<u>Grains (ounce equivalents)</u> <i>All grains must be whole-grain rich</i>	1	7	1	8	1	9

Breakfast Meal Pattern

3 food components

Offer 4 *items* from the 3 required food components in full serving size.

- ▶ Milk

- ▶ Fruit

- ▶ Grains

+

- ▶ One additional grain, fruit or meat/meat alternate

- ▶ A Student must take at least 3 of the Items, with the option to take all 4 items.

- ▶ A student **MUST** take at least ½ a cup of fruit(or vegetable) to be reimbursable.



Milk

- ▶ Schools must offer a “**variety**” of milk
Schools to offer at least 2 different types.
- ▶ Low-fat or fat free unflavored
- ▶ Fat free flavored (not currently available in Maine)
- ▶ Lactaid treated milk
- ▶ Other dairy items cannot replace Milk

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fluid Milk (cups) <i>Must off at least two choices</i>	1	5	1	5	1	5

Fruit

- ▶ Can be Fresh, Canned, Dried, or Juice
- ▶ Must be made with 100% fruit, packed in light syrup/ water if canned
- ▶ Juice can be no more than 50% of your fruit component requirement for the week.
- ▶ If you are only offering juice at breakfast, be sure to offer a full cup (often this means two “juices”
- ▶ Tip - always offer two different types of fruit at breakfast to mee weekly requirements and avoid over serving juice.

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (cups) <i>No more than 50% offered can be from juice</i>	1	5	1	5	1	5



Vegetables at Breakfast (optional)

- ▶ Vegetables can count towards the fruit component or can be served in place of the fruit component, unless it is a starchy vegetable.
- ▶ If offering starchy vegetables like hash browns, at least 2 cups of non-starchy vegetables must be offered during the same week.



Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Fruit (cups) <i>No more than 50% offered can be from juice</i>	1	5	1	5	1	5

Grains

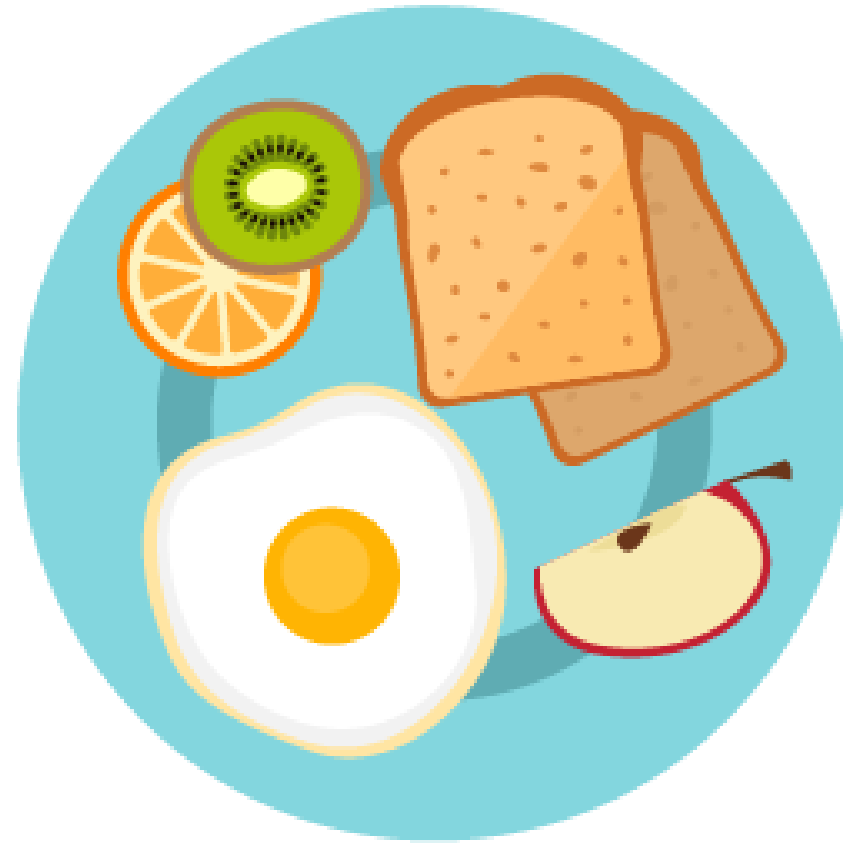
- Must be wholegrain rich (51% wholegrain).
 - The first ingredient must say “whole”
- At least one-ounce equivalent grain required to be offered daily with breakfast.
- To meet weekly minimums by grade group plan for 2 ounces a day.
- Note* if you offer cereal daily, allow students the option of taking 2 bowl packs or a two-ounce equivalent.

Food Components	Grades K-5		Grades 6-8		Grades 9-12	
	Daily	Weekly	Daily	Weekly	Daily	Weekly
Grains (<u>ounce equivalents</u>) <i>All grains must be whole-grain rich</i>	1	7	1	8	1	9



Meat/Meat Alternate (Optional)

- ▶ M/MA can count towards the weekly grain offering but must always be served in addition to a 1-oz grain equivalent.



Offer Versus Serve - Breakfast

- Offer Versus Serve (OVS) provision allows students to decline some of the food offered in a reimbursable breakfast.
- Offer vs Serve is optional at Breakfast for all grade groups

Offer Versus Serve at Breakfast

- ▶ Planned meal offers **4 *items*** from the **3 required food components** in full serving size (What the student must be offered)
 - ▶ Milk (1 cup)
 - ▶ Fruit (1 cup)
 - ▶ Grains (1 oz)
 - ▶ One additional Item
- ▶ Reimbursable meal contains (what the student must take) :
 - ▶ At least **3 food items**
 - ▶ At least a ½ cup fruit/vegetable

OVS Fruit or vegetables as substitute

- ▶ You must offer 1 cup of fruit total- a student may take $\frac{1}{2}$ cup of fruit and it will count as 1 Item.

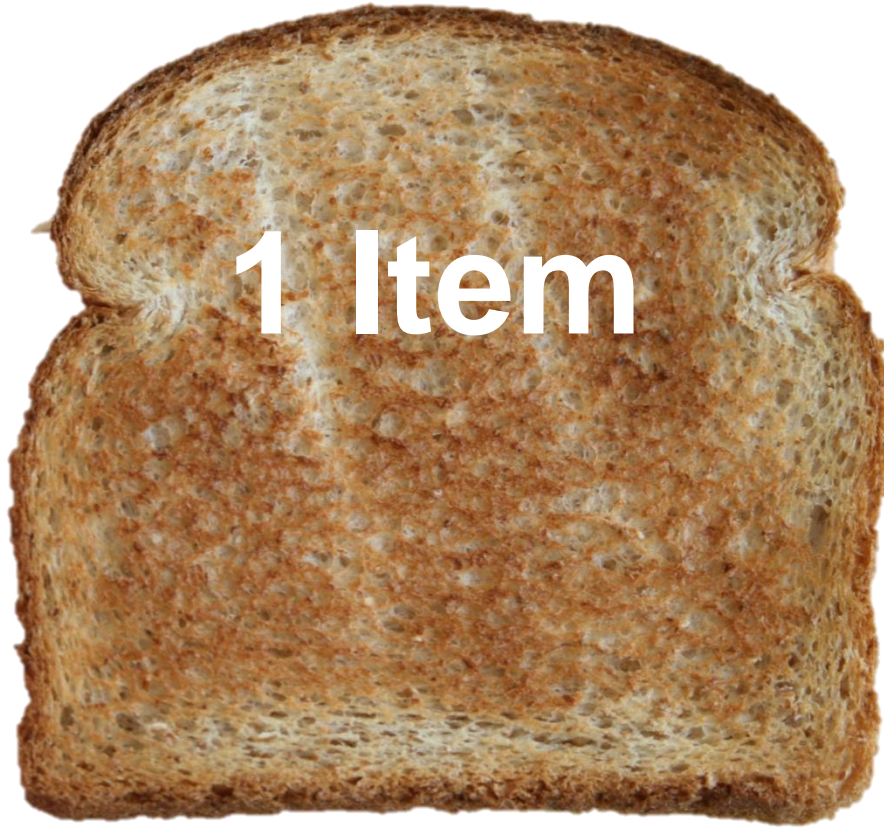
You May Offer:

- ▶ 1 oz. Grain
- ▶ $\frac{1}{2}$ cup Fruit
- ▶ $\frac{1}{2}$ cup Fruit (of a different variety)
- ▶ 1 cup Milk

A Student May Take:

- 1 oz. Grain
- $\frac{1}{2}$ cup of Fruit
- 1 Cup Milk

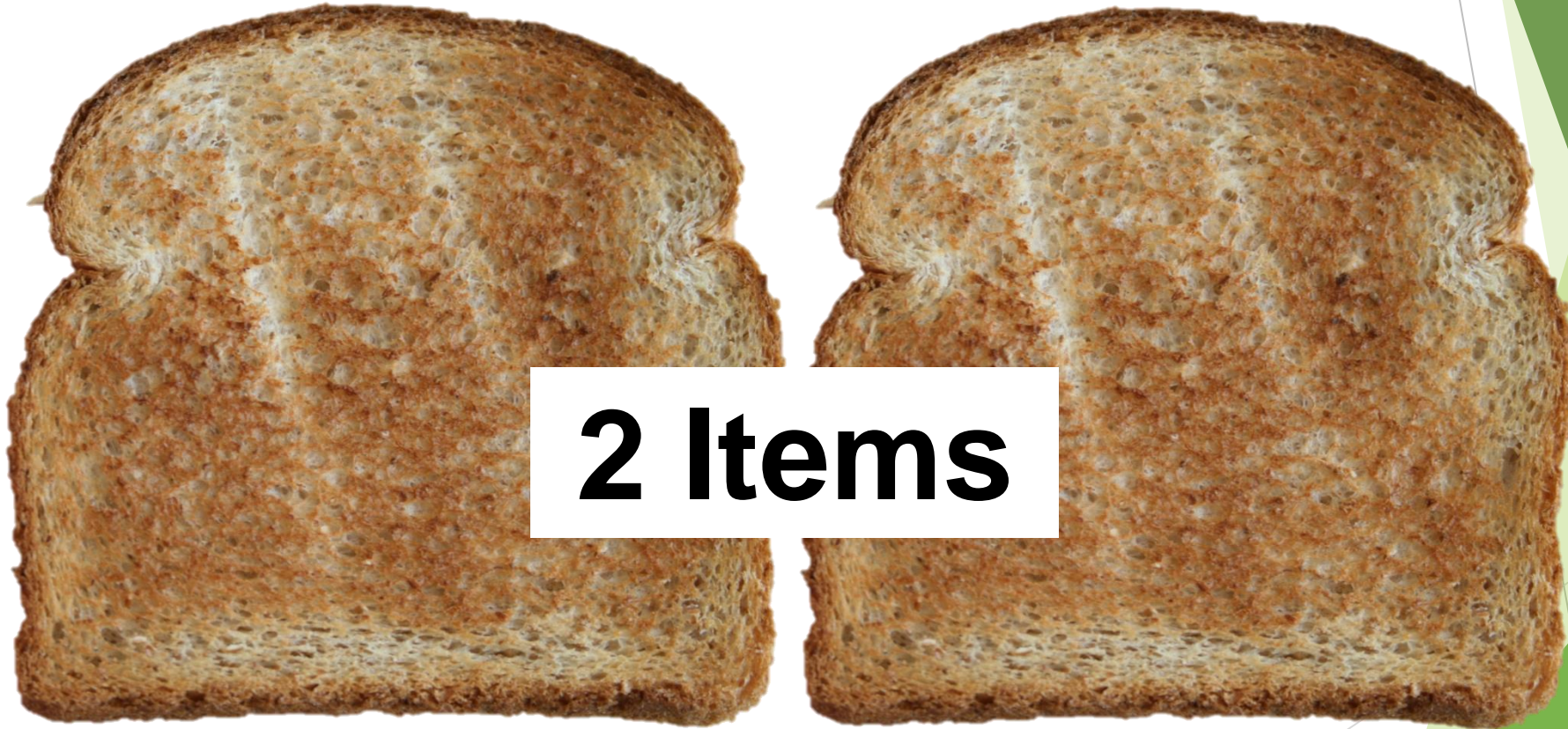
Offer Versus Serve - Items



1 Item

1 oz grain eq

Offer Versus Serve - Items



1 oz grain eq

+

1 oz grain eq

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) <i>Note: weights apply to bread in stuffing</i>	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers ⁵ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts ⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁴ (plain) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls ⁴ (frosted) Toaster pastry ⁴ (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
Cake ³ (plain, unfrosted) Coffee cake ⁴	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
Brownies ³ (plain) Cake ³ (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{6,7} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry) ^{6,7}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

Muffins

2oz. = 1 oz Eq

=1 Item



Puffed Cereal

Often 1 cup often
does not equal a 1 oz
grain like other
cereals

Read the label for
serving size and verify
that it is a whole
grain.

When ordering bowl
packs for schools
make sure the serving
size is one ounce.



1.55 oz granola bar - a 1oz eq



Foods With More Than 1 Oz Eq

Larger foods can count as more than 1 item.



**2 oz eq bagel =
2 food items (grains)**



**3 oz eq bagel =
3 food items (grains)**

Combination Foods

Combination foods can count as more than 1 item.



2 oz eq Grain +
2 oz eq M/MA =
4 food items



1 oz eq Grain +
1 oz eq M/MA =
2 food items

Counting Items

Check CN Labels

Item	Item Count
Breakfast Pizza	2
Breakfast Burrito	2
Breakfast Sandwich	2
Pancake	1
Mini Bagel	1
Cereal	1
Yogurt	1
Fruit (1/2 cup)	1
Juice (1/2 cup)	1
Milk	1

Identifying a Reimbursable Breakfast at Point of Service

1. Look for ½ cup fruit/vegetable
2. Look for at least 2 other *items*

Summary of OvS at Breakfast

Must offer 4 food items
from 3 food components

Option A

1 oz Grain
1 oz Grain
1 cup Fruit
1 cup Milk

Option B

1 oz Grain
1 oz (M/MA)
1 cup Fruit
1 cup Milk

Option C

1 oz Grain
½ cup Fruit
½ cup Fruit
1 cup Milk

OvS at Breakfast

Student may decline 1 item

Option A

1 oz Grain

1 oz Grain

1 cup Fruit

~~1 cup Milk~~

Option B

~~1 oz Grain~~

1 oz (M/MA)

1 cup Fruit

1 cup Milk

Option C

1 oz Grain

~~½ cup Fruit~~

½ cup Fruit

1 cup Milk

Non-Creditable Foods

Cream Cheese

Bacon

Jam

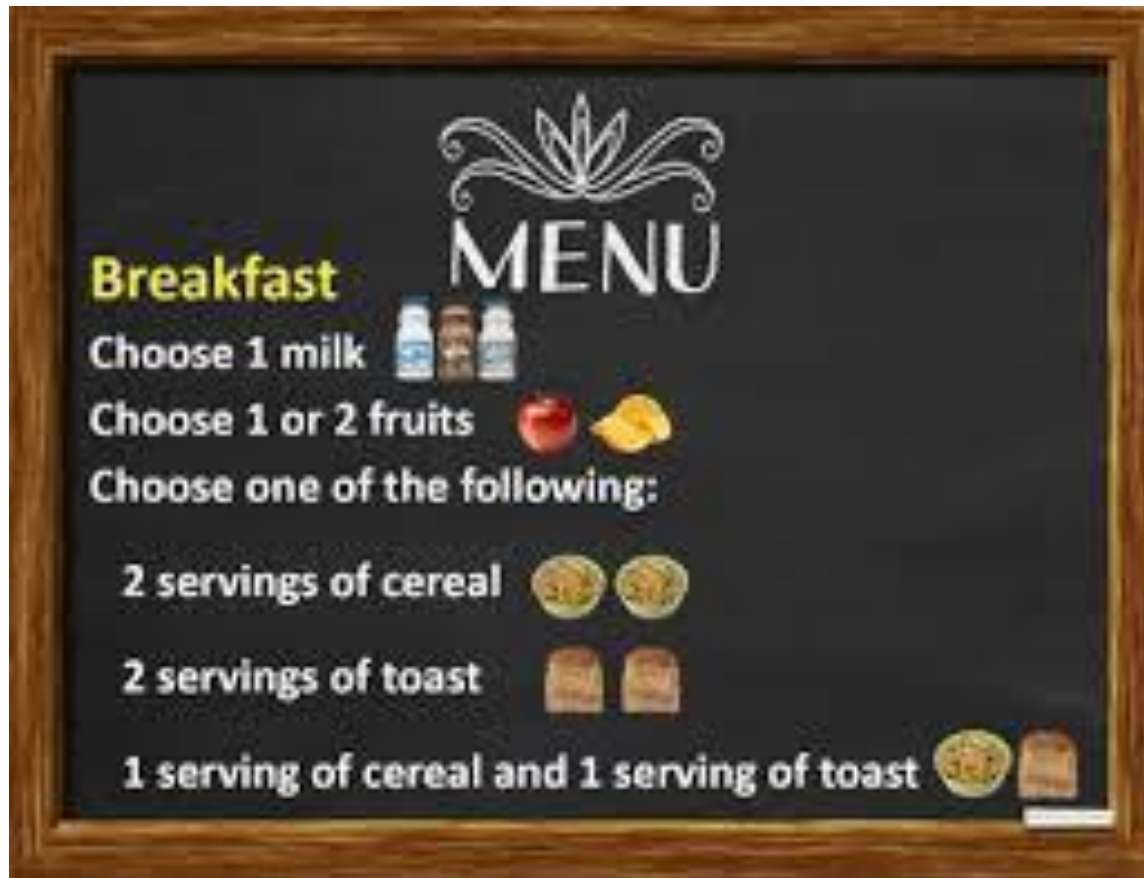
Fruit Snacks

Condiments (not including salsa)

Pre-K requirements

- ▶ Further meal pattern requirements apply when P-K students are not co-mingled with other grades.
- ▶ Cereal- no more than 6 grams of sugar per 1 oz
- ▶ Yogurt - no more than 23 grams of sugar per 6 oz
- ▶ Grain based deserts are not allowed to be served as a part of a reimbursable meal
- ▶ Unflavored Milk 1% or Skim can be offered

Sample Breakfast Signage



An Act To Address Student Hunger with a "Breakfast after the Bell" Program

- ▶ A public school in which at least 50% of students qualified for a free or reduced-price lunch during the previous school year must operate an alternative breakfast delivery service that provides breakfast after the start of the school day.
- ▶ Schools with only grades 9-12 are exempt
- ▶ Schools with 70% or greater participation of free/reduced students in the breakfast program are exempt.
- ▶ A school administrative unit may opt out of the alternative breakfast delivery service if the governing board of the school administrative unit holds a public hearing.

Alternative Breakfast Models

- ▶ Some schools use alternative methods to offer breakfast to increase participation
- ▶ Grab and go carts in the hallway
- ▶ Delivered to the classroom
- ▶ 2nd chance breakfast

Breakfast After the Bell Grant

- ▶ To help administer or increase participation in an after the bell breakfast service.
- ▶ Eligible schools appear as 50% on the SY21 ED534
- ▶ No Deadline to apply
- ▶ **Maine DOE Breakfast Page**
- ▶ <https://www.maine.gov/doe/schools/nutrition/programs/breakfast>
- ▶ Breakfast Grant Application and instructions
- ▶ List of schools eligible this year




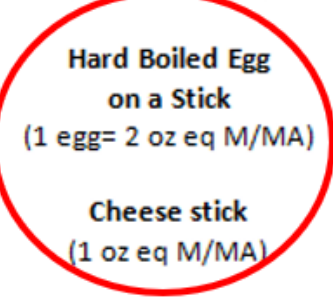

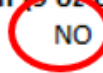
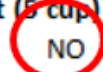
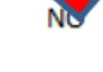
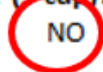
Harvest High School Café Breakfast Menu 9-12

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Were the Weekly Requirements met?</u>
Whole Grain Cereal (1 oz eq Grain)	Breakfast Sandwich (2 oz eq English muffin 1 oz eq sausage patty 1 oz eq egg patty)	Hard Boiled Egg on a Stick (1 egg= 2 oz eq M/MA)	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries 1 oz eq granola 1 cup yogurt= 2 oz eq M/MA)	Breakfast Pizza (2 oz eq Grain & 2 oz eq M/MA)	Grain (9 oz eq)? YES NO
Whole Grain Toast (1 oz eq Grain)	Dried Cranberries (¼ Cup)	Cheese stick (1 oz eq M/MA)		Hash Brown (1/2 Cup)	Fruit (5 cup)? YES NO
Banana (1/2 Cup)	Assorted 100% Juice (1/2 Cup)	Fresh Maine Apple (½ Cup)	1% White Milk - 8 oz	Assorted 100% Juice (½ Cup)	If vegetables substituted for fruit, were 2 cups of nonstarchy vegetables offered? YES NO
Assorted 100% Juice (1/2 Cup)		Assorted 100% Juice (1/2 Cup)		1% White Milk - 8 oz FF Choc. Milk - 8 oz	Milk (5 cup)? YES NO
1% White Milk - 8 oz FF Choc. Milk - 8 oz		1% White Milk - 8 oz FF Choc. Milk - 8 oz			
<i>Were the following requirements met?</i>					
Monday Totals <u>Amt.</u> <u>Y/N</u>	Tuesday Totals <u>Amt.</u> <u>Y/N</u>	Wednesday Totals <u>Amt.</u> <u>Y/N</u>	Thursday Totals <u>Amt.</u> <u>Y/N</u>	Friday Totals <u>Amt.</u> <u>Y/N</u>	WEEKLY Totals <u>Amt.</u> <u>Y/N</u>
Grain: ____	Grain: ____	Grain: ____	Grain: ____	Grain: ____	Grain: ____
Fruit: ____	Fruit: ____	Fruit: ____	Fruit: ____	Fruit: ____	Fruit: ____
Milk: ____	Milk: ____	Milk: ____	Milk: ____	Milk: ____	Milk: ____

Harvest High School Café

Breakfast Menu

9-12

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Were the Weekly Requirements met?</u>
Whole Grain Cereal (1 oz eq Grain) Whole Grain Toast (1 oz eq Grain) Banana (1/2 Cup) Assorted 100% Juice (1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Breakfast Sandwich (2 oz eq English muffin 1 oz eq sausage patty 1 oz eq egg patty) Dried Cranberries (¼ Cup) Assorted 100% Juice (1/2 Cup) 	 Hard Boiled Egg on a Stick (1 egg= 2 oz eq M/MA) Cheese stick (1 oz eq M/MA) Fresh Maine Apple (½ Cup) Assorted 100% Juice (1/2 Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Fruit and Yogurt Parfait w/Maine Blueberries (1/2 cup blueberries) 1 oz eq granola 1 cup yogurt= 2 oz eq M/MA)  1% White Milk - 8 oz	Breakfast Pizza (2 oz eq Grain & 2 oz eq M/MA) Hash Brown (1/2 Cup) Assorted 100% Juice (½ Cup) 1% White Milk - 8 oz FF Choc. Milk - 8 oz	Grain (9 oz eq)? YES  NO Fruit (5 cup)? YES  NO If vegetables substituted for fruit, were 1/2 of nonstarchy vegetables offered? YES  NO Milk (5 cup)? YES  NO

Were the following requirements met?

Monday Totals	Tuesday Totals	Wednesday Totals	Thursday Totals	Friday Totals	WEEKLY Totals
Amt. Y/N	Amt. Y/N	Amt. Y/N	Amt. Y/N	Amt. Y/N	Amt. Y/N
Grain: ____	Grain: ____	Grain: ____	Grain: ____	Grain: ____	Grain: ____
Fruit: ____	Fruit: ____	Fruit: ____	Fruit: ____	Fruit: ____	Fruit: ____
Milk: ____	Milk: ____	Milk: ____	Milk: ____	Milk: ____	Milk: ____